

WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6-7							
7-8							
8-9	Full Body Gym	Solo Soccer Plyometrics	Soccer Strength-Endurance		Bodyweight Explosive Session		
9-10	Full Body Gym	Solo Soccer Plyometrics	Soccer Strength-Endurance		Bodyweight Explosive Session		
10-11	Full Body Gym	Linear Acceleration Sprints	Soccer Strength-Endurance		Bodyweight Explosive Session		
11-12	Full Body Gym	Linear Acceleration Sprints	Soccer Strength-Endurance		Bodyweight Explosive Session		
AFTERNOON							
12-1	Full Body Gym	Core/Stability (optional)	Core/Stability		Footwork & Agility		
1-2	Full Body Gym	Cool-Down & Stretching	Acceleration-Specific Extras		Core Explosiveness		
2-3	Post-Workout Recovery						
3-4							

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EVENING

